

## 2012 CONCORDE DISTRICT SWIM & DIVE MEET

DIRECTOR: Patrick Full, Oakton H.S. ASSISTANT DIRECTORS: Grif Barhight &  
LOCATION: **Swim & Dive** – Cub Run Rec Center Eric Johnson

DATES: **Diving:** Boys and Girls Diving, Friday, Jan. 27, 2012 – **Cub Run Rec. Center**  
Warmups: 10:00am – Girls, 1:15pm – Boys  
Meet: 10:45am – Girls; 2:00pm – Boys (*this is the reverse of 2011*)  
**Swimming:** Friday, January 27, 2012 – Swimming Preliminaries/Semifinals  
Saturday, January 28, 2012 – Swimming Finals  
Warmups: 4:15pm - 5:15pm  
Meet: 5:30pm

EVENT LIMITATIONS: A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. In championship meets, each school shall be permitted a maximum of four entries in an individual event and one team in a relay event.

SWIMMERS/  
DIVERS: In order to compete in the Concorde District tournament in gymnastics and swim/dive, each athlete must participate in **a minimum of 50%** of the regular season meets that are on the Northern Region schedule. Exception: team members who could not compete during the regular season because of transferring from one school to another, reported injury or academic ineligibility during the first semester. An excepted competitor must have competed in 50% of the meets for which he or she was eligible and /or physically able to compete. To qualify to participate in a regular season meet, each athlete must have attended one practice conducted since the previous regularly scheduled Northern Region meet. To compete in the first meet, each athlete must have attended one practice within the previous five days. *A practice is defined as an organized physical activity conducted with the entire team on a non-competitive day and the practice must include skills that are used in the sport's competitive events. Meetings are not considered practices for this definition. (Revised June 2005)*

ENTRIES: **Dive** Sheets must be emailed to both the meet director, Pat Full at [Pat.Full@fcps.edu](mailto:Pat.Full@fcps.edu) and the dive referee, TBD no later than Sunday January 22, 2012. (details outlined on page 2 in the diver information section)  
**Swim and Dive** entries must be emailed to the District Meet Director [Pat.Full@fcps.edu](mailto:Pat.Full@fcps.edu) by **Monday January 23, 2012 by 2:00 pm**. You must use HyTek Team Manager to submit ALL your entries, including diver names and scores.

ALTERNATES: Each school shall submit one alternate, per event, excluding relays, on a **hard copy**. This individual must have an entry time slower than the four official entries. All times must be verified with the meet director. If a "No time" is entered with the four official entries, the alternate may not be used. If the alternate is used to replace a swimmer or diver that scratched individual is out of the meet, including relays. Alternates may be used to substitute for a swimmer and diver in prelims only, prior to the start of the meet and only if illness or injury causes the change. The meet director may require illness/injury verification. Schools cannot exceed event limitations of four entries per event. Once the meet has started, no substitutions may be made other than the relays. Alternates cannot be scratched from another event and the meet will not be reseeded to accommodate alternates. No changes may be made to the entries after they are submitted on January 23<sup>rd</sup>.

WHISTLE  
START Whistle Start Protocols will be used in this meet.

QUALIFYING  
TO FINALS: The eight fastest swimmers shall qualify for the championship finals and the next eight fastest swimmers shall qualify for the consolation finals from trials.

All divers shall do two voluntary dives and three optional dives in the first round. The top **twenty** divers will qualify for the second round and they will perform two voluntary dives and one optional dive. The top **sixteen** divers will qualify for the final round and they will perform one voluntary dive and two optional dives.

RULES: 2012 Edition, National Federation and the 2011-12 VHSL Handbook.

TIMERS: Each school must provide 4 timers for each night.

FACILITY: Recreation Center will provide rules and directions for use of facility and locker rooms.

SCORING: Events will be scored through 16 events.

Individual events will be scored as follows

20, 17, 16, 15, 12, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay events will be scored as follows:

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS: Medals will be presented to places 1-3 in individual events and relay events. District patches will be given to the winning teams. Awards will be presented finals night after the 50 Free, the 500 Free, and the 400 Free Relay.

TEAM AREA: All teams will have a designated team area within the LEISURE POOL AREA. A location on the pool deck will be set aside for coaches and for swimmers to cheer on teammates. These areas are only for temporary supportive events and are not meant to be team areas.

ADMISSION ***We will be charging a \$ 6.00 admission for all district swimming and dive events.***

SPECTATOR SEATING: All spectators are to remain in the designated bleacher area located above the Team Areas and competition pool. Only those parents working the meet will be allowed on the pool deck.

COACHES MEETING: Tuesday, January 24, 2012 @ 6:00 pm at Oakton High School, Principal's Conference Room - enter Entrance 1, turn left down the hall and it is the 3<sup>rd</sup> door on the left. Pizza and drinks will be provided. We will Review meet sheets, warm-up procedures, confirm officials, etc. No changes, only scratches! You will need to have the following:

1. Electronic (MS Word) copy of seniors in alphabetical order – highlighting your captains
2. **Dive Sheets (Electronic File Checker REQUIRED – See Dive Information Below)**
3. Potential official names (stroke and turn, clerk of course, starter and referee)
4. Names of other volunteers (hospitality, marshals, etc.)
5. Backup **hard** and **electronic** copies of your entries
6. Any scratches

ADVANCEMENT TO REGIONAL MEET: Individual swimmers and relay teams must place 1-6 in the District Meet or achieve the Regional qualifying time/score at the District Meet or at any regular season meet scheduled by the the Regional Northern Region Scheduling Committee.

A diver may advance to the Regional Meet by placing 1-6 at the District Meet, scoring a regional qualifying standard at the District Meet, or scoring 200 points at a regular season dual meet.

DIVE INFORMATION **Dive Sheets:** E-mail completed dive sheets to Pat Full ([PLFull@fcps.edu](mailto:PLFull@fcps.edu)) and the dive referee, TBD no later than Sunday, January 23, 2011. Use the [Dive Verifier Program](http://www.diverline.com/DiveVerifierProgram.htm) available for download at <http://www.diverline.com/DiveVerifierProgram.htm> . Make sure you download the "High School Dive Sheet Verifier, Excel 5.0." Divers and coaches are responsible for the accuracy and completeness of the submitted dive sheet. Dive sheets must meet all requirements specified in Rule 9.4. Dive changes will be permitted until 30 minutes prior to the start of the dive event. Divers and coaches must ensure that any dive change keeps the dive sheet in compliance with all requirements specified in Rule 9.4.

#### **Policy Statement for Culminating Concorde District Events**

Final authority for the conduct of district meets, the District Council, the Virginia High School League and the respective division superintendent shall vest tournaments and matches in the directors of the respective events who act under authority granted. All faculty members and coaches involved in a district culminating event shall be fully aware of VHSL rule 27 - participants failure to follow the directions of the District Tournament Director shall result in disciplinary action by the principal responsible for that particular coach or student

The tournament director shall submit in writing to the District Council Chairman any infraction of the above-mentioned policy within two calendar days of the infraction. The council chairman shall notify the appropriate principal responsible for that particular coach or student.